

Quickstart your Kayak!

A BEYOND BOW Introduction to Kayaking Workshop!

Instruction provided by Black Parrot Paddling!

Saturday, May 21, 2011

9:00 a.m. to 5:00 p.m.

Proud Lake Recreation Area - Heavner Canoe Livery

2775 Garden Road-Milford, Michigan

Phone: (248) 685-2379

Black Parrot Paddling, LLC, & Heavner Canoe and Kayak Livery, Inc. team up with BOW to offer the American Canoe Association's, ACA, "Introduction to Kayaking" course. The course is designed to be an introduction for beginners or novice paddlers to the sport of kayaking.

Major land based topics covered will be selection of proper safety equipment, clothing, additional safety items, orientation to kayak paddles and a discussion regarding the various types of kayaks, their design features and the appropriate venues for each. There will also be a short discussion on stretching, weather awareness, hypo and hyper-thermia and other potential hazards.

On the water segments will cover proper entry and exit of the kayak, proper paddle grip and introduction to the "total body kayak stroke". A full set of strokes suitable for beginners will be introduced with appropriate practice activities and coaching. Wet exits and various rescue techniques will be demonstrated and participants will be encouraged to participate to assure each paddler's ability for self or assisted rescue appropriate to the type of kayak being paddled. As always, individuals may determine their level of involvement in any activity in the class. Time allowing, a relaxing paddle around the lake to give the participants a chance to apply their new skills will wrap up the on water portion of the day.

Each participant will be provided an information packet with additional information on equipment, safety items and other appropriate resources.

An ACA course outline will serve as the *basis* for the course although instructors have the discretion to amend the course content based on weather, paddler's skills/abilities and other unforeseen circumstance based on their professional judgment. Visit: Blackparrotpaddling.com for more details regarding instruction!



PLEASE BRING YOUR OWN SACK LUNCH FOR THE DAY!

BEVERAGES WILL BE PROVIDED!

ITEMS TO BRING: Sun protection, extra dry clothing to wear home, insect repellent

THIS EVENT WILL TAKE PLACE RAIN OR SHINE! PLEASE DRESS ACCORDINGLY!

For driving directions visit: www.heavnercanoe.com

For questions please contact Sue Tabor, MI BOW Coordinator

Email: dnr-outdoors-woman@michigan.gov or Phone: (517) 241-2225

CLASS IS LIMITED TO 10 WOMEN! PLEASE REGISTER EARLY!



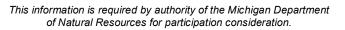
Phone: (517) 241-2225

Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN

REGISTRATION FOR







NO SKILL LEVEL REQUIRED!

REGISTER EA	RLY! WORKSHOP	WORKSHOP SPACE IS LIMITED		FIRST REGISTERED - FIRST ENROLLED	
WHERE	PROUD LAKE RECREATION AREA 2775 GARDEN ROAD MILFORD, MI 48381		WHEN	SATURDAY, MAY 21, 2011 9:00 A.M. TO 5:00 P.M. THURSDAY, MAY 12, 2011	
Соѕт	\$100 PER PERSON		GISTRATION DEADLINE		
	YOU MUST PRE-REGISTER FOR THI	S CLAS	S! WALK-UPS	CANNOT BE ACCEP	TED!
Print or type. Use	e separate registration for each person; p	hotocop	y for additional	registrants.	
Name			-	years of age or older?	
Address			Do you ha	✓ Yesve special accommodation✓ Yes	needs (If yes, please state)
City, State, ZIP			N/A PLEAS	eferences (if meals are include E PROVIDE YOUR OWN SAMES WILL BE PROVIDED!	led) CK LUNCH!
Telephone (daytime	9)		Is this your	r first BOW event? Yes	
E-mail (please print clearly!)			Emergency Contact Name and Telephone		
understand the take responsibi	the information I have provided is true information contained herein; I recognulity for all action or injury that may resuland instructors, from any and all liability	nize and ult from	l understand ti participation.	hat the program involv Further, I release the	ves some risks and I
		Si	gnature		Date
	PHOTOGRAPH permission to use my photograph or v s. Publicity pieces include (but are no	video of ot limited	me taken dui	ring this BOW event i	
Make check or money order payable to "State of Michigan" and send with completed and signed registration to:			Purchase this class through e-store found on the opening page-lower right hand margin at www.michigan.gov/bow . Click on e-		
OR CASHIER'S OFFICE MICHIGAN DEPARTMENT OF NATURAL RESOURCES P O BOX 30451 LANSING MI 48908			store and then click on the specific icon for this class to make your		
For more details	contact:			For DNR Use On	LY
,,	/ State Coordinator		Index - 28310	PCA - 20000	AOBJ - 9172
Email: dnr-outdo	ors-woman@michigan gov				